

## **The effect of pelvic floor muscle exercises (Kegel exercise) on stress urinary incontinence among postpartum women (A SYSTEMATIC REVIEW)**

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### **Abstract:**

Urinary incontinence, the loss or leakage of urine as a result of a faulty bladder that is caused by a lack of strength in the pelvic floor muscles and tissues that support the bladder and urethra, when the pelvic tissues and muscles that help the bladder and urethra weaken, the bladder "neck" (where the bladder and urethra intersect) will descend during bursts of physical activity, resulting in SUI, then the urethra may be unable to regulate the flow of urine as a result of this descent, the aim of this study to explain the effectiveness of pelvic floor muscle(kegel ) exercise on urine incontinence among postpartum women,all over the world . We searched and get information from PubMed, google scholar, American journal of obstetrics and gynecology, An International Journal of Obstetrics & Gynaecology, Obstetrics & Gynecology, International Urogynecology Journal, Neurourology and urodynamics, SAGE journals, Cochrane library, urology databases, and the outcome measure is International Consultation on Incontinence Questionnaire Urinary Incontinence Structured (ICIQ-UI SF), Bristol Female Lower Urinary Tract Symptom (BFLUTS) questionnaire, Oxford scale , Bristol Female Lower Urinary Tract Symptoms Module (ICIQ FLUTS). only randomized controlled trials were included, with the same treatment period, 4 of 5 studies suggested the positive effect of the pelvic floor muscle exercises (Kegel) on the management of stress incontinence among postpartum, and the remaining study was on contrast having a no significant effect, overall demonstrating a positive significant effect of these exercises on the treatment of the incontinence.